




## FREE EDUCATIONAL TALK

# Sports Injury Prevention for Adults

*by orthopedic surgeon Alan Lee, MD,  
specializing in sports medicine at USC Arcadia Hospital*

 **Saturday, August 16**

 **10:15 to 11:30 a.m.**

 **Santa Anita Family YMCA  
501 Mountain Ave,  
Monrovia**



To register,  
scan the QR code



Keep active and injury-free!  
Join us for an educational  
talk with Alan Lee, MD, an  
orthopedic surgeon from  
USC Arcadia Hospital.  
Dr. Lee will share practical  
tips for staying injury-free.  
Adults who enjoy physical

activity and parents who are looking to support  
their children's athletic development will benefit  
from this session. Keep your body performing at  
its best by learning how to improve safety, and  
prevent common injuries.

Free Physician Referral  
888-388-2838  
[www.uscarcadiahospital.org](http://www.uscarcadiahospital.org)

**USC** Arcadia Hospital  
Keck Medicine of USC

